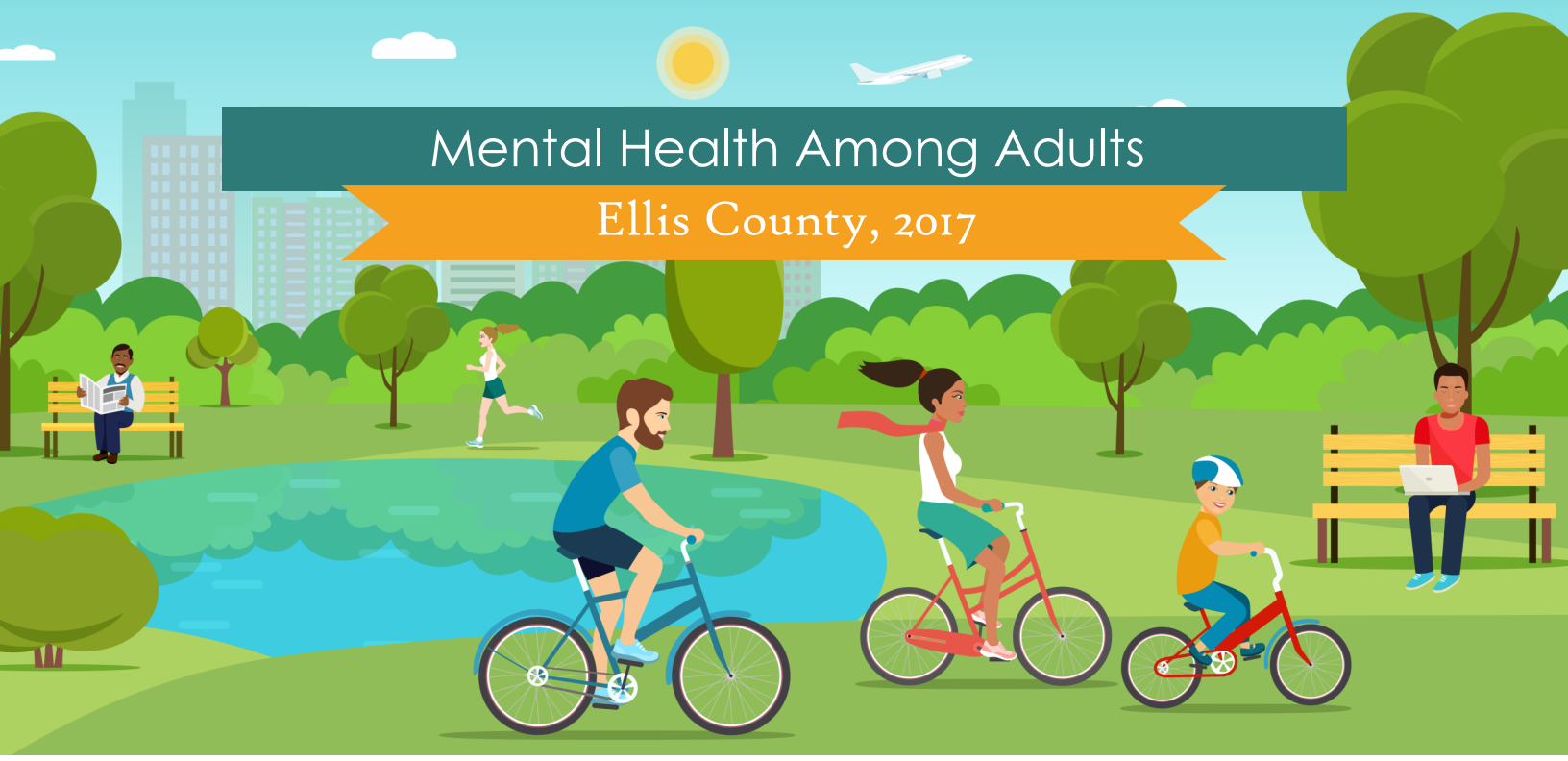


# Mental Health Among Adults

Ellis County, 2017



## Frequent Mental Distress

Frequent mental distress (FMD) is defined as having fourteen or more days of poor mental health in the past thirty days.

In 2017, **9 of every 100** Ellis County adults 18 years and older had frequent mental distress.



## Depressive Disorder

Depressive disorder is defined as depression, major depression, dysthymia, or minor depression.

In 2017, **20 of every 100** Ellis County adults 18 years and older had depressive disorder.



[www.kdheks.gov/brfss](http://www.kdheks.gov/brfss)

# Depressive Disorder by Selected Socio-demographic Characteristics, Ellis County

## BY GENDER\*

26.6%

Nearly 27 of every 100 adult women.



13.1%

About 13 of every 100 adult men.

## BY AGE\*

17.4%

About 17 of every 100 adults aged 18-44 years.

29.2%

About 29 of every 100 adults aged 45-64 years.

## BY EDUCATION\*



30.0%

30 of every 100 adults with a high school education or less.

16.0%

16 of every 100 adults with some college education or higher.

## BY PHYSICAL ACTIVITY\*



17.5%

Nearly 18 of every 100 adults who participate in leisure-time physical activity



23.5%

Nearly 24 of every 100 adults who did not participate in leisure-time physical activity

\*The prevalence estimates of depressive disorder in Ellis County are not significantly different by gender, age, education and physical activity groups

‡Physically Inactive: Respondents were classified as physically inactive if they responded "no" to the following question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"